



H-PLUS Function Exercise: MAKE YOUR DAY

Function Command: PLUS-THIS DAY

Purpose:

This is your H-PLUS Function exercise to learn to make each day what you desire it to be.

Application:

For self-programming to set desired physical, mental and emotional patterns to apply in daily activities. Use as the first item of the morning.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **MAKE YOUR DAY** is a good partner for the H-PLUS Functions **OPTIONS**, **MÖBIUS WEST** and **EIGHT-GREAT (P)**.

Examples – Visualize the best relaxed, fun day possible with a friend and pattern with **MAKE YOUR DAY**. Before an interview for a promotion, review your choices with **OPTIONS**, use **EIGHT-GREAT (P)** to feel strong and sure and envision the perfect outcome with **MAKE YOUR DAY**. On any day, choose a positive direction with **MÖBIUS WEST** and set the tone by doing **PLUS-THIS DAY**.

Please Note:

- You may observe a feeling of increased control of your day-to-day life plan and surprising reversals of anticipated negative patterns.
- Clear verbal/visual expression of desires is essential to the operation of this Function exercise.

©1988
Interstate Industries, Inc.
at The Monroe Institute
P.O. Box 130
Nellysford, VA 22958
(804) 361-1500